

# Soul & My Sanity

**COPPER** KNOB  
BY STEPHEN

**Count:** 32

**Wall:** 2

**Level:** Absolute Beginner

**Choreographer:** Carmen López Casanova (ES) - March 2024

**Music:** Soul & My Sanity - Ryan Langdon



**Intro: 4 counts**

## **S1: SIDE SWITCHES, SCUFF, HITCH, STEP FWD, STEP LOCK, SHUFFLE FWD**

1&2& Point RF to R, step RF beside LF, Point LF to L, step LF beside RF  
3&4 Point RF to R, scuff RF forward, hitch RF  
5-6 Step RF forward, step LF lock RF  
7&8 Step RF forward, step LF lock RF, step RF forward

## **S2: STEP, TOUCH, ¼ STEP, TOUCH, ¼ STEP, STOMP, TRAVELLING SWIVEL LF L&R**

1& Step LF to L, RF touch beside LF  
2& ¼ turn R step RF to side R, touch LF beside RF  
3-4 ¼ turn R step LF to side L, RF stomp beside LF  
5&6 Swivel LF to L: toe out, heel out, toe out  
7&8 Swivel LF to R: toe in, heel in, toe in

## **S3: GRAPEVINE R, TRAVELLING SWIVEL RF R&L**

1-4 Step RF to R, step LF behind RF, step RF to R, LF beside RF  
5&6 Swivel RF to R: toe out, heel out, toe out  
7&8 Swivel RF to L: toe in, heel in, toe in

## **S4: STEP FWD (X2), ROCKING CHAIR, MAMBO, STEP BACK (X2), TOUCH**

1-2 Step RF forward, step LF forward  
3&4& Rock RF forward, recover weight LF, Rock RF back, recover weight RF  
5&6 Rock RF forward, recover weight LF, step RF back  
7-8 Step LF back, RF touch beside LF

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